

# PRESCHOOL EXPLORERS

24 TO 36 MONTHS  
TRADITIONAL

## FALL LEAF STEW

### MATERIALS:

- A DEEP PLASTIC BIN OR POT (THAT CAN HOLD WATER AND BE STIRRED TO MAKE "STEW")
- FOOD COLORING OF YOUR CHOICE
- FALL LEAVES COLLECTED FROM OUTSIDE
- COOKING UTENSILS: LARGE SPOONS, WHISK, LADLE
- OPTIONAL: OTHER CRAFT ITEMS SUCH AS SUCH AS POM POMS, GLITTER (TO BE USED WITH SUPERVISION). WE DON'T RECOMMEND PAPER MATERIALS AS THEY WILL MUSH AND DISSOLVE IN WATER.

### OBJECTIVES:

- EXPLORATION OF SEASONS AND NATURE
- COLOR EXPLORATION AND RECOGNITION
- SENSORY EXPLORATION: TOUCH, SIGHT, AND SOUND
- LANGUAGE DEVELOPMENT: LEAVES, COLORS, FALL, COOKING CONCEPTS (STIR, MIX, INGREDIENTS)

### INSTRUCTIONS:

- GATHER LEAVES FROM THE GROUND OUTSIDE. LOOK FOR VARIETIES IN SHAPE AND COLOR. ALLOW YOUR CHILD TO HELP PICK UP LEAVES AND TALK ABOUT HOW THE LEAVES CHANGE IN THE FALL, AND HOW THEY FALL OFF THE TREES.
- FILL YOUR POT OR BIN 2/3 FULL WITH WATER. TELL YOUR CHILD "WE'RE GOING TO MAKE FALL LEAF STEW TODAY!" BE SURE TO ALSO LET THEM KNOW THIS IS PRETEND STEW, THAT YOU WILL MIX AND STIR AND "COOK" IT TOGETHER, BUT THAT YOU CAN'T EAT IT.
- ALLOW YOUR CHILD TO PICK WHICH COLOR FOOD COLORING TO ADD TO THE WATER IF YOU HAVE MULTIPLE OPTIONS. EXPLAIN TO THEM THAT THEY NEED TO ADD SOME COLOR TO THE "BROTH" OF THEIR STEW. HELP THEM TO ADD AS LITTLE, OR AS MUCH! FOOD COLORING TO THE WATER AS THEY'D LIKE.
- GENTLY STIR. TALK ABOUT HOW THE COLOR MIXES WITH THE WATER TO CHANGE IT COLORS.
- NEXT ADD YOUR "INGREDIENTS!" BE SURE TO USE THIS VOCABULARY WHEN EXPLAINING TO YOUR CHILD WHAT THE NEXT STEPS ARE. ADD YOUR LEAVES – COUNT THEM AS YOU ADD THEM IN, 1-2-3... TALK ABOUT THE COLOR OF EACH LEAF. TALK ABOUT THE SIZE OF EACH LEAF.
- ADD YOUR EXTRA OPTIONAL INGREDIENTS IF YOU'D LIKE (OTHER CRAFT MATERIALS)
- EXPLAIN THAT IT'S IMPORTANT TO STIR STEW ALL TOGETHER TO "COOK" AND ALLOW YOUR CHILD TO MIX, WHISK, AND STIR AWAY WITH THE COOKING UTENSILS.
- ALLOW YOUR CHILD SOME TIME TO PLAY WITH THEIR STEW. IF YOU'D LIKE, PROVIDE THEM WITH A STRAINER, SCOOPER, BOWLS OR CUPS TO SCOOP INTO – JUST ABOUT ANYTHING YOU CAN IMAGINE TO MIX AND MOVE WATER WITH. NOT ONLY DOES THIS ACTIVITY BUILD VOCABULARY LIKE "INGREDIENTS," "WHISK," "STIR," AND FOSTER IMAGINATIVE PLAY, BUT IT IS A GREAT SENSORY ACTIVITY AS WELL. SENSORY ACTIVITIES ARE PERFECT FOR CALMING ANTSY TODDLERS, AND THERE'S MUCH TO LEARN FROM THEM AS WELL!

We'd love to see photos of your at home learning! Tag us on Facebook and Instagram with hashtag #MinnielandAtHome

